

ATHLETIC JOURNAL

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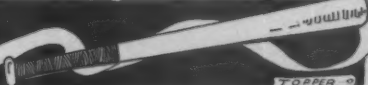
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THE ATHLETIC JOURNAL

A PROFESSIONAL MAGAZINE FOR THE
COACHES OF THE COUNTRY

JOHN L. GRIFFITH, Editor

VOLUME IV

MARCH, 1924

NUMBER 7

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The ATHLETIC JOURNAL

VOL. IV

CHICAGO, ILLINOIS

No. 7

DEFENSE—TEAM PLAY

BY

WALTER E. MEANWELL, M. D.

Coach of Basketball at the University of Wisconsin.

This completes the series of five articles that Dr. Meanwell has written for this year's Journal. The author of these articles originated a style of basketball offense that is known as the Meanwell system of basketball. His ideas have been adopted by a great many coaches who are today instructing their teams to play the short pass-pivot game.—EDITOR'S NOTE.

Unbalanced Formation at Tip-off, L Formation:



THE third unbalanced formation successfully employed to offset the disadvantages of the loss of the tip-off at center is the "L," which

is a modification of the "Y" line up recently discussed.

A criticism of the "Y" is that the offensive forward located in the scoring area back of the opponent's center, is flanked on either side by an opponent guard. Either one of these guards may locate directly back of the place, where the tip-off is signalled to fall and thus be much closer to it than the offensive forward and therefore, in a better position to secure the ball. Furthermore, the guard's course would be straight up the floor and the shortest possible way to the ball, while the forward would be running diagonally and so travelling farther.

To meet this criticism by affording the forward a direct and short course to a *side* tip-off, the "L" formation was designed. It

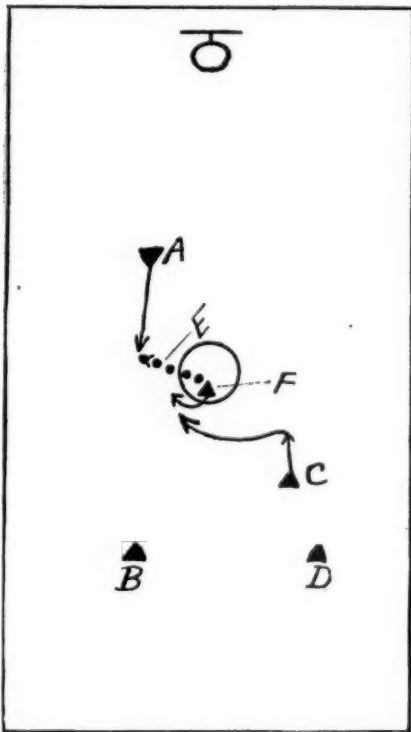
is practical and efficient, especially if alternated, as it readily may be, by the forwards lining up first on one and then on the other side. Further, as the formation so closely resembles the "Y", the latter may be employed also, without lessening the chances of success of the play. This policy presents a constantly shifting initial line-up to the opponents, which will be troublesome indeed for them and will require that their tip-off signals be constantly changed to meet the altered defense formation. In basketball there is little time to change signals once given and so the ball will frequently be tipped disadvantageously, even by a center in full control of the ball.

Positions of the Players:

1. The offensive forward A is located in the scoring area and on one side as in a balanced formation. He stands squarely facing his team mate guard, B about four feet from the mid-line drawn through the baskets, and about seven feet from a line drawn across the center of the court. Usually the forward is guarded closely by an opponent who locates behind him and to the in-

side of him. The opponent's remaining guard usually occupies his regular position unopposed.

2. The defensive forward C is located in the backfield on the side opposite to his offensive forward team mate. Similarly, he stands about four feet from a line through the baskets and about seven feet back of a line across the court through the circle. He faces squarely ahead.



3. The guards locate regularly in defense positions, B and D.

Play at tip-off: When the ball is tipped to the side, E the forward A facing it drives straight in and is in the best possible position from which to secure the ball. The course of either forward is always straight ahead when the ball is tipped to his side, otherwise it is always to his left. These alternate courses, "ahead

or to the left," are clear cut. The tip-off indicates which one to follow. Therefore, a driving forward attack on every tip-off ball may be developed.

The center F leaves the circle on the side of the ball and is usually the third man in.

BASKETBALL TOURNAMENTS

By J. L. Griffith

In many states, where an attempt is made to determine the state championship in basketball, final state tournaments will be held this month. In these states the plan most generally followed is one which provides for preliminary tournaments, district tournaments where the winners in the preliminary tournaments compete, and the final tournament where the winners of the district tournaments meet. A few years ago invitation tournaments were held in several of the states. The meet was usually sponsored by some college or university or the State High School Athletic Association sanctioned the tournament in some cases and in some instances managed and controlled the contests. Frequently these tournaments brought together so many teams that the winners in the early games were called upon to play too many games in a few days. The plan of districting the state is superior to the other arrangement in that thus the winners are not required to undergo such a severe test.

In Indiana this year approximately six hundred and fifty teams have competed for state honors and in other states probably as many have competed in the preliminary tournaments. The state tournaments thus bring together the survivors from the preliminary and semi-final con-

(Continued on page 45)

BASKETBALL TOURNAMENTS

BY

LEO NOVAK

Mr. Novak graduated from Washington High School, Cedar Rapids, Iowa, and later from Coe College. He became head coach at his old high school in 1917. In 1919-20 his football team did not lose a game, his basketball team won the middlewest basketball championship and his track team won second place in the State Meet. In 1920-21 his football, wrestling, tennis and track teams won state championship honors, his basketball team won the national championship at the University of Chicago. It is not possible in the limited space available to list all of the honors his teams have won, but it should be added that he won the State Basketball Championship in 1921-22 and in 1922-23 lost only one basketball game out of nineteen played.

—EDITOR'S NOTE.



Since I have coached high school basketball teams through several strenuous campaigns, and since I have conducted these teams through state, sectional and national championship tournaments, I have come to the conclusion that the task of directing the activities of a team through a big tournament is the most severe test to which a coach may be subjected.

Endurance

There are many things connected with the playing of a tournament with which a coach does not have to contend during the course of the regular season. Most important of these things is endurance. Tournaments are won by teams with the most endurance; the men must be able to play several games in a short time. Skill alone will not win. Regardless of how skillful a team may be, it is impossible for that particular team to win unless the members have stamina and endurance.

In seeking to conserve the energy of my boys I always ad-

here strictly to the following rules:

I insist that members of my team are resting practically every minute that they are not actually engaged in the playing of games. I always aim to keep my boys together at all times, and see to it that they do not remain around the gymnasium except when there for the purpose of competing. The excitement of the various teams coming and going, and the playing of games, tends to sap their stamina. Sitting on the sidelines when other teams are competing is very fatiguing, especially when the boys are interested in the teams playing. Coaches, themselves, are aware of this, most of them, no doubt, having experienced this feeling while watching their own teams.

I am opposed to boys bathing frequently during tournament days. I never permit more than one bath each day, and that of less than a minute's duration, followed by an alcohol rub. Bathing is an endurance drain and it is detrimental for boys to get under a shower after each contest. Another matter of vital importance is the time of arrival at the scene of operations, and the attendant practice sessions. I favor arriving the day before play is sched-

uled to start, and taking a light workout on the floor. If this is impossible, I do not believe in giving my team a long drill the day the games get under way. This tends to take off the edge, and when the boys move into competitive action, much of their strength already has been lost.

I see to it that the boys receive the proper kind of nourishment and at the right time. During the course of the season poached eggs, toast and tea is suitable food before a game, but in a long drawn-out tournament this sort of nourishment is inadequate to preserve the needed energy. In a meet where a team might be called on to play five or six games in two or three days, something more substantial is required. With my teams, for instance, when we are preparing for the first game we also have in mind the fact that, if successful, we will be called on to play several games, and consequently lay our plans accordingly. The above mentioned menu would be satisfactory before a morning game, after which, if sufficient time elapses before the next game to digest the food, a meal consisting of rare beef and a baked potato is necessary to preserve the stamina.

In this connection I have in mind a game, in which a really good team went on the floor in a lousy condition shortly after eating a heavy meal and narrowly escaped defeat at the hands of a much weaker aggregation. On the other hand, I also can readily remember an instance that happened last year when a team, easily the class of the tournament in which it was entered, met defeat by an inferior team because the coach evidently laboring under the supposition that a team plays better on an empty stomach insisted that his boys participate in three games—

morning, afternoon and evening—without any kind of nourishment.

Overconfidence

The suggestion that teams leave the gymnasium immediately after each game has a two-fold purpose. Besides the one previously stated I want to prevent my men from watching rival teams in action. For a team, especially one made up of younger fellows, in watching hostile aggregations is likely to become over-confident. They see a team play and note a number of blunders, and feel they can easily defeat the team in question. While they are thus patting themselves on the back, they fail to take into consideration the mistakes which they might make. This has been plainly emphasized to me in many cases when I have instructed young fellows to scout games. Usually they return bubbling over with confidence, assuring me there will be no trouble at all in winning. However, I always have maintained that a competent coach may watch opposing teams play, and, noting their mistakes, can explain them to members of his own team.

Substitution of Players

Still another question, perhaps the most important of all, is the frequent substitution of players during the course of the games. I always have worked on the theory that tournaments are won by ten men more often than by five.

I believe the best policy is to start the five best men, and then substitute at the proper time, especially for the men who do the floor work. Many high school teams, I have noticed from observation, are run by the star players and not by the coaches. When a team's star is going good he wants to stay in the game so as to make the all-star team and get a good "write-up" in the

(Continued on page 46)

THE HIGH SCHOOL BASKETBALL TOURNAMENT AND ITS PROBLEMS

CHAS. A. BEYER

Mr. Beyer was graduated from Lawrence College in 1912. He won his letter in football, basketball and track and competed in these sports for four years. From 1912 to 1917 he coached football, basketball and track at Rockford High School. In 1918 he was Director of Physical and Military Work at West Technical High School, Cleveland, Ohio. In 1919-20 he was Director of Physical Education and Athletic Coach at Lawrence College. Since 1920 he has been Director of Physical Education and Athletic Coach at Rockford High School.—EDITOR'S NOTE.



In some of our small states or in remote parts of the country where basketball is somewhat undeveloped, the winning of a state title may be a rather easy task, but in a dozen or more of our midwestern and eastern states where from three hundred to six hundred teams are battling for state honors, the task of producing a winner becomes a real problem.

In some states where all title contestants go to a designated place and play until a winner is produced, the tournament assumes the aspect of a Marathon race. It generally takes nearly a week to play such a tournament which often is not a fair test for some of the teams. A fairer scheme, which is widely used, is to divide the entire state into a number of districts and to assign all teams to one of these tournaments. A week or two later, the district winners meet in a tournament that decides the state championship.

In the state of Illinois, where the writer is best acquainted with tournament conditions, six hundred or more teams make a bid for state honors each year. It is necessary to play through

three tournaments undefeated in order to win a state title. The state is divided into thirty-two or more districts, in each of which from sixteen to twenty teams play to decide the district championship. One week later the district winners meet at four designated sectional centers, about eight teams being assigned to each tournament. The following week the four sectional winners meet on the floor of the University of Illinois to decide the state championship. It goes without comment that the team which survives such competition and stands undefeated at the end is entitled to all the honor and glory which it receives. Often the competition in some of the district tournaments is so keen that some of the crack teams of the state are eliminated in the first tournament. This is often the case in the Cook County tournament, in which all suburban teams of Chicago compete.

Pre-Tournament Preparation

In discussing tournament play it is necessary to start with a team's early season development. Tournaments are not won by whatever development a team can make during the week or two preceding tournament time. With few exceptions, teams that become potential tournament winners are great teams in dual

competition, even though they may not win all of their games. The coach must keep in mind that a team, properly fitted for tournament competition, is developed over a period of a few months and not in a week or two. There is so much to do when tournament time draws near that the team should be well grounded in fundamentals and properly conditioned before this time. Then the energies of the coach may be directed in perfecting offensive and defensive team play and in preparing for the conditions to be met on the tournament floor.

Several weeks before tournament time, a coach should have a pretty good idea who his regulars and his best substitutes are and should play them together as much as possible. He should give them much special attention; see that they are well grounded in every phase of the game; talk to them often about keeping in condition, about training properly, and keeping up their scholastic work. Let him strive hard to keep them free from injuries and sickness. Often a little advice can prevent sickness; but when sickness and injuries do come, he should give them prompt attention. It may even be necessary to lose a dual game or two near tournament time in order to give some of the injured or sick regulars a chance to recuperate and become fit for the hard grind to follow. To a team that has once or twice tasted victory in a big tournament, the winning of dual games fades into insignificance.

A great many coaches make a big mistake in taking on a schedule too heavy for boys of high-school age. During the first half of the season, a two-game-a-week schedule can be successfully carried, but the last week or two

before a tournament one game a week should suffice. It is a fact recognized by medical men that much of the sickness and many of the severe colds which come to nearly every squad some time during the season, are brought on because of a reduction of vitality due to the severe strain of playing too many games. Sickness and injuries often come unexpectedly. What promised to be the strongest team in the Illinois state tournament last year lost a regular guard through sickness the day before the tournament began; a second player suffered a severe knee injury in the first game. The fact that these players were absent from the games had much to do with losing state honors, as capable subs were not available.

A coach should strive to build a good substitute for every position. Often a team which wins nearly all of its dual games and is boomed as a potential state champion possibility is beaten early in the tournament because of a lack of good subs. That no team is stronger than its substitutes is a maxim to be kept constantly in mind.

In dual competition, half of the games are played at home in a gymnasium in which the team practices every day. A team is fairly well acquainted with the gymnasiums in which it plays away from home. Most of them may be nearly the same size as its own. About 75% of the gymnasiums used by high-school teams have a playing area of from 2,000 to 3,200 square feet. With few exceptions all have wooden back boards. Some back boards are placed against the wall with no out-of-bounds on the end. Many gymnasiums have low ceilings, poor lighting, and inadequate out-of-bounds. Some have

(Continued on page 42)

COLLEGE WRESTLING

BY

CHARLES W. MAYSER

For a number of years Mr. Mayser was Director of Athletics and Football Coach at Franklin and Marshall College. Later he became Football Coach at Iowa State College and for a number of years was Director of Physical Education at this same institution. He is now back again at Franklin and Marshall College. When Mr. Mayser was at Ames he coached the wrestling teams with marked success. In fact, in the six years that he coached the wrestling teams Ames won forty-four meets and lost but two. He won the Western Conference Championship for three years in succession. Mr. Mayser is writing a series of articles on wrestling for the Journal.—EDITOR'S NOTE.



THE candidates should be called out at the opening of college. Only light work should be indulged in at first. The men should be allowed to dabble at basket ball now and then. Perhaps once a week during the fall the men should be given road work. The

season is long and it truly is a grind. The element of pleasure should be injected in the form of exercises differing from wrestling. There should be plenty of skipping ropes always at hand for the men to use. A number

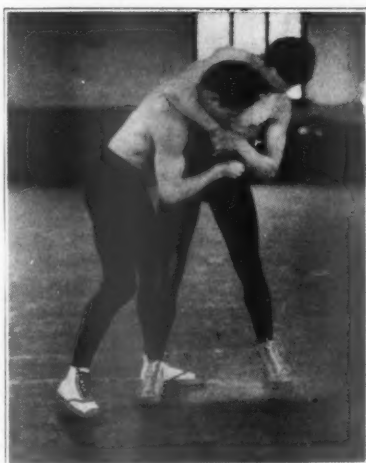


ILLUSTRATION No. 1

A college wrestler should never attempt a head lock. If he fails, he will be the under man. The man who is being headlocked by merely raising his head lifts his opponent and throws him to the mat and that brings him on top.



ILLUSTRATION No. 2

A simple way of breaking a half-Nelson. Turning the head one side shortens the hand and finger grip.

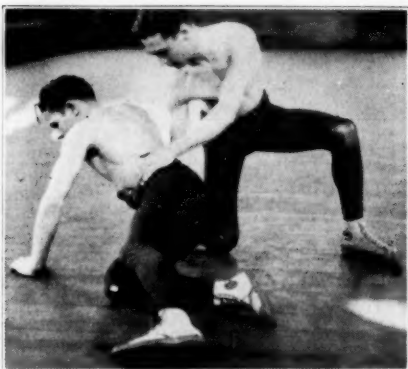
of medicine balls should also form part of the equipment. I know of no better method of development for endurance and strength, without resorting to violent games or personal contact sports, than to have one man throw six or a dozen medicine balls to another candidate who is standing about ten feet away and to have him return them as RAPIDLY as possible. This should be kept up until the men

begin to show signs of wear. The balls must be kept going as rapidly as possible.

After the squad is selected, it is a good plan to have the older men show holds and breaks to the less experienced. This saves much time. While the head coach is trying out two of his experienced men, the rest of the squad should carefully observe the two men who are contesting.



The coach will point out the various mistakes made and in this way much may be learned.



ILLUSTRATIONS No. 3 & 4

Illustration No. 4, as does Illustration No. 3 shows the wrestler getting away from under, when a contestant does not hold a man properly. By throwing his feet to the right and coming to almost a sitting posture and then making a quick turn to the right, the under man is brought on top or on his feet.

While the men are observing, they should keep one or two medicine balls going, as they are

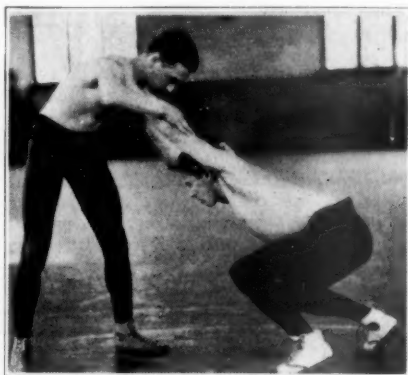


ILLUSTRATION No. 5

This subtle move is little known. It is a favorite of George Bothner's, perhaps the greatest light weight wrestler that ever lived. From the referee's position, the wrestler bends his knees quickly, **KEEPING HIS HANDS** in about the same position as in the referee's hold. When he is low enough, he slides his hands around his opponent's leg or legs. The whole movement appears to be almost one, the two moves blending into what appears as one. This requires much practise.



ILLUSTRATION No. 6

An effective method which is little known of getting onto the feet. A quick and **DETERMINED** front roll with one leg between the opponent's legs which is used to throw the opponent over the under man which will bring the under man on top or on his feet in short order. This move starts from the hands and knees.

(Continued on page 45)

ICE HOCKEY IN THE MIDDLEWEST

BY

F. W. LUEHRING

Mr. Luehring was graduated from the University of Chicago where he was prominent in athletics. He coached for a few years in the middlewest and then went to Princeton as Basketball Coach and Director of Minor Sports. In 1919 he became Director of Athletics at the University of Nebraska and in 1922 was elected Director of Athletics at the University of Minnesota. He is Chairman of the N. C. A. A. Swimming Meet Committee and of the N. C. A. A. Swimming Rules Committee. He has had much to do in developing Ice Hockey in the middlewest.—EDITOR'S NOTE.



INTERCOLLEGIATE Ice Hockey has been growing rapidly in the Middle West during the last few years. Michigan, Minnesota, Wisconsin, Marquette, Michigan School of Mines, Notre Dame, Carleton, St. Olaf, St. Thomas, Ramsey Tech, Missouri School of Osteopathy, Hibbing Junior College, and Eveleth Junior College, are among the institutions having intercollegiate schedules. Last year Michigan, Wisconsin, and Minnesota organized a "Big Three" Intercollegiate Conference Hockey League with a double round robin series of games. This league proved so successful in participation and student interest that it was resumed in 1924. Minnesota won the "Big Three" intercollegiate championship last year, losing but one of her eight conference games. This game was lost to Michigan at Ann Arbor after the Gophers had conquered the Wolverines for three successive games. Conference hockey history bids fair to repeat itself again this year. Minnesota has thus far won all of her games excepting one which again was the final game at Michigan. The Gophers are again Con-

ference Champions although they still have two games left with Wisconsin. Coach Emil Iverson who is in charge of the winter sports program at the University of Minnesota, comprising skiing, figure and speed skating, and ice hockey, had but half of last year's squad back as a nucleus for the Minnesota team. Even before ice was available he drilled the men in fundamentals of foot and stick work.



OLSON OF MINNESOTA, RIGHT WING, SCORING ON MARQUETTE

Ice fundamentals were continued and elaborated as soon as ice was available. Every effort was made to improve the technique of the men in quick pivoting, dodging, as well as in the team work fundamentals of passing, back checking, and defense work. The results showed that this daily practice in fundamentals was fully justified. The

Minnesota team advanced rapidly and proved superior in individual and team work to the other colleges which faced the Gophers as opponents.

Coach Barss of Michigan, himself, a former Canadian Hockey Star, now a graduate student at Michigan, is also thoroughly familiar with hockey fundamentals. As a result, the Michigan team presented the stiffest offense which Minnesota encountered this year. Michigan defeated Notre Dame twice, Wisconsin three times and Minnesota once.

Coach Blodgett, the best player on the Badger team last year, is building for the future at Wisconsin. He had over 100 Freshman

a former star on the Milwaukee team in the United States Amateur Hockey League was the coach. The schedule included a home and home series with Minnesota, and Wisconsin as well as games with Michigan, St. Thomas, Ramsey Tech, Michi-



MINNESOTA ON THE OFFENSE
Michigan game at Minneapolis.



MARQUETTE GOAL STOPPING A LONG SHOT

playing hockey this year but with a new varsity squad could not develop great offensive power during the present season. The Badgers, however, put up a strong defense which gave their opponents all kinds of trouble. Among their notable achievements was a tie game with Michigan at Ann Arbor and the loss of a 2-1 game to Marquette at Milwaukee after three extra periods of play. Wisconsin lost a number of the last year's team and consequently was greatly handicapped in team work. Marquette University was represented by one of the strongest teams in the Middle West. Jake Thompson,

gan School of Mines, and Notre Dame University.

Hockey is well adapted for intramural games. Most of the colleges above cited have extensive intra-



AT MINNESOTA RINK
Michigan on the offense. Minnesota deploy on defense at Minneapolis.

mural leagues. At the University of Minnesota, fraternities are taking part in hockey, and each fraternity is represented by at least one hockey team. A schedule of more than fifty games has been arranged and most of the series has been played, and great interest is

(Continued on page 38)

ORGANIZATION AND ADMINISTRATION

BY

JOHN L. GRIFFITH

In the January JOURNAL under the subject of Organization and Administration matters pertaining to equipment and the purchase of equipment were discussed. In that article it was suggested that some of the schools and colleges used order blanks when purchasing equipment. This is to be recommended not only for colleges and the larger high schools, but also for the smaller institutions. The reasons are evident. If the purchasing agent orders a bill of goods verbally, the chances are that he will not make a record of the transaction. Thus in case of a dispute when the goods are delivered the buyer will not be able to show just what goods were ordered. If the purchasing agent is accustomed to the use of order blanks, he will confirm verbal orders with the regular blank which may be sent later to the firm from which the goods were ordered.

If the coach makes a practice of ordering goods by letter, undoubtedly he keeps a carbon copy of his order. The purchase order blanks, however, are uniform in size, may be systematically filed and if used will prove a time saver. Further, it is desirable to use an order number, which will check with the invoice number. In addition it may be suggested that the coach who uses order blanks and preserves them will have in his file a complete record of his purchases, from which he can easily make reports for the season or year.

The following form is suggested as a guide in printing

order blanks. The usual letter size, eight and a half inches by eleven, is commonly used:

The original copy of the purchase order is sent to the firm with the two voucher forms and the duplicate purchase order, which should be printed on colored stock is filed until the goods are received. With the duplicate blanks in the files, the purchasing agent may readily check up at any time to ascertain when the goods were ordered, and what numbers were ordered. When the bill is paid the duplicate purchase order may be filed with the receipted voucher. When possible, goods should be ordered by catalogue numbers.

The accompanying voucher forms are recommended as having proved satisfactory in a number of institutions. The original or white form is filed with the copy of the purchasing order to show payment and the duplicate form is returned to the shipper with the check to show what bill is paid. Some firms will return their own voucher forms along with the voucher forms which were attached to the purchase order, but this need not cause any confusion. Every business house conducts its business on a business-like basis.

It will be noted that the blank provides for a statement of terms. It is customary for firms to give two per cent discount where bills are paid in ten days after the invoice is received. When orders are placed a number of weeks in advance it is well to stipulate that the goods are to be billed as of a

(Continued on page 16)

The ATHLETIC JOURNAL

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JOHN L. GRIFFITH, Editor

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ATHLETICS—ANCIENT AND MODERN

That there is a striking similarity between the development of athletics in ancient Greece and modern America has been called to our attention in recent days by several prominent educators. These men have noted that the so-called evils incident to our athletics were prevalent in Hellenic athletics and some of them have suggested that with the corruption of athletics in the Greek world athletics grew in disfavor and ultimately were discontinued. It has further been pointed out that the fate of Greek athletics and the fall of Greek civilization were coincident.

With the record of the past before us it might be advanced that Greece built large stadia, athletics there were highly organized, professionalism crept into the contests and there was some evidence of crookedness in the conduct of some of the games and therefore since we are concerned with these same phenomena today, athletics here are headed toward disaster and our civilization is in danger.

Three remedies are usually advanced for these ills of athletics. Ailments which are usually grossly exaggerated and some of which exist only in the minds of those who "view with alarm" the present tendencies in our athletic system.

First, there are those who would abolish inter-institutional athletics. The man who easily despairs of solving problems connected with his business or profession and therefore would abandon what he has, is akin to the man who seeing mistakes being made in the administration of a government would overthrow the government and make it over along idealistic lines, or the doctor who would kill his patient instead of attempting to cure him. The individual who favors abolishing competitive athletics, it may safely be predicted, will not accomplish his desires. He is not an unmitigated nuisance, however, because he serves to keep us from settling down into a state of smug complacency and from believing that our athletics are ideal. Certainly we must continually strive for higher standards in the conduct of our games and sports as we must if we are worth while Americans manifest zeal for the best possible administration of government in our cities and nation.

Second, some there are who would place limitations on the development of competitive athletics. Just how this is to be done is another matter. In the leading colleges, schedules have been limited, the length of the pre-season football practice prescribed, and other conditions imposed, all of which restrictions have undoubtedly proven satisfactory when viewed from every angle. Those who are talking in terms of restricting the development of college

athletics are not chiefly concerned with the competitive features of the contests, but with the size of the crowds that attend the games and the amount of money which is taken in at the gate. No one has yet suggested where the limitations should be placed on the number of people who may be permitted to view the games or how much money the football manager may handle without contaminating the players. The Journal believes that if the ticket money is unwisely expended, then those in authority should see that it goes into the right channels, but for the most part the profit from the games is used for buildings, improvements and maintenance and is not thrown into a fund from which the athletes are paid as so many would have us believe.

Third, then there are others who are convinced that though our athletics are continually improving, yet there is a great deal to be done to make them of the greatest possible value to society. This work is to be accomplished by the men who are directly responsible for the administration of athletics. These men not only have it in their power to shape athletics along the right lines, but there is accruing evidence that they are so doing. The schools and the college governing boards throughout the last quarter of a century have not in the main labored constructively to make the physical education activities a force in the educational system, but have only adopted restrictive measures toward athletics. There is developing a new attitude toward these things, however, in educational circles and the next quarter of a century should witness some very significant developments in physical education.

The coaches and athletic directors who teach the principle of respect for the rules of the game, who uphold the highest ideals of sportsmanship and who are developing ethical standards through the medium of athletic games are the men who will chiefly be credited with having saved our athletics and possibly our civilization from the fate which befell Greek athletics and Greek civilization.

THE BASKETBALL SEASON

A few years ago a crowd of ten thousand people at a football game was unusual. This season a number of basketball games were attended by that many spectators. The interest in a sport is easily measured by the attendance figures at the games. Basketball, however, is not only popular with the fans, but is also the favorite intramural sport of the students in the colleges, and it is probably true that more schools support interscholastic basketball teams than football, baseball and track teams.

Taken as a whole the new basketball rules have proven satisfactory. Some think that the rules should be changed to prohibit stalling, but it would not be fair to legislate against stalling on the part of the offense and not against stalling by the teams on defense. The unwritten law of sport will operate as regards the ethics of this practice and the desirability of a new rule on this matter is questionable.

It would be a good thing if basketball did not leave so much to the judgment of the officials, but since the officials play so important a part in the sport it is all the more necessary that care be exercised in selecting the officials and then when they have been appointed, the coaches and players must uphold these men and abide by their decisions.

(Continued from page 13)

certain date. For instance, if football equipment is ordered in the Spring and the goods will be needed September 10th, it is well to stipulate that the goods are to be delivered on or before September 1st and billed for September 1st. In a great many cases the manufacturer will ship the goods before September 1st, but he should date the invoice as of September 1st. This permits the

purchaser to take advantage of the discount terms. In the course of a year the coach who discounts his bills will save considerable money for his school.

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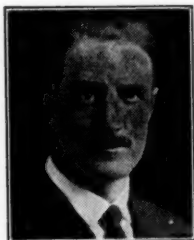
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SPECIFIC INJURIES IN ATHLETICS

By George T. Stafford

Under the subject of "The Physical Director or Coach in the Field of the Physical Subnormal," Mr. Stafford, who is Assistant Professor of Orthopedics and Physical Diagnosis at the University of Illinois, has already contributed articles for the May, September, October, November, December, January and February Journals. Periodic Health Examinations will be discussed by Mr. Stafford in the April issue.—EDITOR'S NOTE.



TRE ATMENT. Rest with the arm fixed in a position of abduction and slight external rotation, the weight of the limb being taken off

the shoulder joint. Many cases respond to the rest treatment of a bandage supporting the elbow and carried across the opposite shoulder. An axillary pad will help in the necessary abduction. Rest and support comprising the major part of the treatment heat and very light massage may be given until pain subsides.

Exercises may then be given the arm with the patient supine; diathermy is indicated and finally active exercises. The abduction movements must be totally free from discomfort before the active exercises are started. The general health of the individual must be watched. If the case shows chronic constipation it will be well to bear in mind that any toxic or irritating substance which is thrown in the blood stream will have its effect on the existing weakness in some other part of the body.

Many cases do well with a shoulder spica or a figure eight bandage. The Scotch douche used in hydrotherapy is found helpful in creating a local reaction. This may be used on adjacent muscles which support the

part. In this way the tone of the entire shoulder is improved and a lessening of the strain and pressure on the tender bursae results.

The Elbow Joint

Olecranon bursitis is found in basket ball cases where a man is suffering from an enlargement on the point of the elbow. Full extension of the arm causes tension on the bursae or fluid sac and pain results.

Treatment. The removal of the effusion is generally accomplished by pressure as from a pad and bandage. The part should be given adequate rest and further playing allowed only with the elbow well protected by a suitable elbow pad.

Tennis Elbow. This condition may be caused by an inflammation of the radiohumeral bursae, or by a strain or pulling apart of some of the fibres of the muscular insertion of the extensor muscles of the forearm which attach at the external condyle of the humerus. Pain is felt on lifting some object or when the fist is clenched. A slight swelling may be seen as well as a very small definite area of pain felt. Dr. Whitman quotes Sir Robert Jones' treatment as follows: "Direct pressure is made at the sensitive point by several thicknesses of adhesive plaster fixed in place by adhesive tape. A similar pad for compression is then placed upon the muscle below the joint. The first pad is designed to press

out the effused fluid and thus to permit direct contact of the separated tissues. The second is by pressure on the muscles to limit their activity. The same principle applies to similar injuries to other joints." This principle of limiting the muscular activity of affected parts is often seen in the average person applying a wrist strap for "some" sprain or strain in the wrist or forearm, or the laborer wearing a wide belt around the waist for a back injury. The restriction is to avoid the use of the injured part.

The Wrist

Sprain of the Wrist. A large number of "frail" or weak wrists results from the careless diagnosing of sprained wrists where in many cases a dislocation or fracture of one of the carpal bones should have been the diagnosis. Jones and Lovett say that dislocation without fracture is not common in the wrist. Enough has been written to caution the coach or physical director from careless diagnosing of sprained wrists. The advice of an Orthopedic surgeon and the further assistance of the X-ray should precede the decision on the majority of cases.

Assuming that the treatment will be for real sprains the procedure is as follows: A gauze bandage may be applied about the metacarpus (bones between the fingers and the small bones of the wrist), the wrist and the lower part of the forearm. Adhesive may then be applied to act as a light splint. This prevents injury to the affected parts due to strain and at the same time allows enough functional movement necessary to nourish the injured part and hasten absorption of the effused material in and around the injury.

Further treatment: Heat followed by cold or massage and

diathermy to hasten repair of the damaged parts. Care should be exercised in the use of the wrist following a sprain. It is well to avoid heavy work for at least two weeks and then the wrist be protected from further strain by a suitable strapping which is worn ONLY while the work is going on. Due care must be given that the wrist is not allowed to become weak due to the continual wearing of the protection.

The Back

Bruises of the soft parts of the back. These are the results of kicks or falling on or against unyielding surfaces.

Treatment. Hydrotherapy in the form of hot and cold water applications hasten the absorption of the effusion and restore tone to the part. A counter irritation such as electricity or iodine is sometimes found helpful. The criss-cross adhesive strapping which aims for artificial support of the injured erector spinae muscles is the logical procedure to follow the hot and cold applications.

Sprains of the Back are caused by some sudden forms of violence in the way of a twisting of the body in an unguarded moment.

Symptoms. Pain over the site of the sprain, often discoloration, limited movements and swelling.

Treatment. Complete rest until the acute stage has passed. For the athlete, the criss-cross adhesive strapping will suffice as rest for the part. The ordinary hot and cold applications may be used and if diathermy is convenient, a systematic procedure with deep heat, followed by massage will soon put the man back in the game.

Sacro-Iliac Disturbances

Sprains. A true sprain of the sacro-iliac articulating parts generally comes from sudden falls

with the thigh abducted. The symptoms are local pain on pressure or motion. The strappings which start at the front of the hip bone on one side and circle to the body to the front of the opposite hip bone generally bring relief if proper rest is given and the part treated by ordinary sprain methods.

Dislocations of the sacro-iliac. The question immediately arises as to whether there is really a separation of the parts. The majority of doctors do not admit of a separation but rather speak of a relaxation of the pelvic articulations caused by a malposition of the sacrum. The symptoms are local discomfort at or around the articulations, pain along the sciatic nerve, generally induced by forward bending of the body with the knees straight or leg raising with the knee extended. The treatment is as follows: For temporary relief the adhesive strapping may be used to stabilize artificially the pelvic region at the back. Further treatment is to tone up the part with physiotherapy measures which have been outlined above. In cases where good response is not found from this treatment a special belt or corset may be used as a retentive apparatus to be used in connection with the other treatment.

Testicle Injury

Owing to the numerous happenings in athletic sports, it is well to know the physiological treatment for this painful condition.

The cause is well known. The treatment consists first of all in relieving the pain first by elevation of the parts and hot applications. The hot applications will cause further congestion so cold must always follow the hot to relieve this congestion. A suspensory bandage should be worn

until the parts regain normal tone again.

The Knee

Structure. The knee is a hinge joint allowing slight rotation outward of the tibia (shin bone) on the femur (thigh bone) as the leg is extended. With the knee bent, internal and external rotation is allowed as well as a slight forward and backward motion. A fibrous capsule almost completely surrounds the joint.

The joint is further supported by a number of ligaments, muscles and tendons, chief of which for this consideration, are the anterior crucial ligament, the posterior crucial ligament and the internal and external lateral ligaments. The anterior crucial ligament assists in preventing forward displacement of the tibia. It is attached to the upper front part of the tibia and partly to the lateral (outer) semilunar cartilage and passes upward and backward to the inside of the lateral condyle of the femur. The posterior crucial ligament is attached to the upper back part of the tibia and passes upward and forward to the inner side of the medial (inner) condyle of the femur. This ligament assists in preventing backward displacement of the tibia. The internal lateral ligament is attached to the internal condyle of the femur and runs down to the internal condyle of the tibia. The external lateral ligament is attached to the external condyle of the femur and runs down to the head of the fibula.

Between the bone of the thigh and the bones of the leg are the semilunar cartilages. These are arranged as buffers to prevent the tibia and femur being pressed together, but allow full movement in the normal joint without interference with the movement. When the knee is bent the two cartilages slide forward toward the center and when the joint is

extended they slide away from the center.

Injuries to Knee Joint: As the internal cartilage and the internal lateral ligament are the parts most affected, the discussion will be limited to conditions on the inner side of the knee. Internal lateral ligament. Under normal conditions this ligament supports the inner side of the joint but with the knee slightly bent and the foot turned out, a sudden weight thrown on the structure or a slipping outward of the foot, causes an inward rotation of the femur and a tearing of the short internal lateral ligament (usually at the tibia end of the insertion) and a slipping of the femur over the rear of the internal cartilage, which is attached to the internal lateral ligament. The common result is a "nipped cartilage" and often a sprain fracture where the ligament is torn from its attachment on the tibia. The least that

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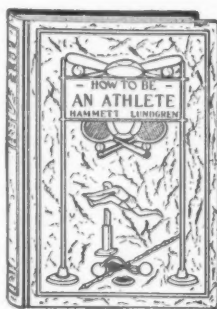
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TYRUS R. COBB, Mgr. Detroit Baseball Team: I take great pleasure in recommending it to high school coaches and players—in fact, any young man who is interested in athletics will find this book a good guide and a very great help.

A. A. STAGG, Univ. of Chicago, Ill.: I have only skimmed over it now, but believe that it would be a very interesting and instructive piece of reading. I hope soon to be able to really read the book.

ROBT. W. EDGREN, Los Angeles, Calif.: I wish I'd had that book many years ago when I was a boy evolving "styles" in hammer throwing and shot putting and a lot of other athletic feats without coaching and without much of an idea of the way these things are done by those who know how. The book is a useful book to any athletic boy, or any boy who isn't athletic and would like to be. I enjoyed it, although somewhat of a veteran in sports.

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may be expected is a sprained internal lateral ligament.

Symptoms: Pain at the inner side of the joint and especially when the foot is turned out, swelling and limitation of movement.

Treatment: A splint or cast should be used for immobilization for two or three weeks, a one-quarter inch lift on the inner border of the heel to throw the weight to the external ligaments and to relieve the strain on the internal lateral ligament. Weight bearing is allowed with the lift on the heel and a splint on the knee, only after a week. The patient should then be instructed to walk with the toes turned in, or pigeon toed. Following this the part should be toned and general treatment given which will develop normal function in the joint.

Internal semilunar cartilage. Due to the attachment of this cartilage to the internal lateral ligament, it is often involved in athletic injuries. If the action of the cartilages in flexion and extension of the knee joint is remembered, it is easy to see that with the knee slightly bent, the common injury is displacement of the cartilage inward. The wedge shaped disc margin is pulled into the joint and gives the common picture of "locked knee."

Symptoms: Generally an inability to extend the joint fully, pain and effusion.

Treatment: Absolute reduction. Unless the patient can actively extend his leg fully, the reduction is not complete. The usual reduction procedure is as follows: 1. The knee is fully flexed and rotated inward on the femur. 2. On the count of "three" the patient kicks (extends his leg straight) as the operator assists and gives slight adduction at the joint to allow as much space as possible for the cartilage to slip

out to its normal position. This is usually the doctor's work and should not be attempted by the coach, unless in an emergency.

Full fixation by a splint or cast should be given for at least two weeks and even for three weeks. This allows the injured tissues to unite and the cartilage to become attached again. After three weeks, the limb may be used with the lift on the inner border, toes should be turned in and a support should be used to prevent strain on the inner part of the knee. Following this, the procedure is simply to tone the part and to work for normal function of the joint. Attention should be given the parts above and below the knee as well as the knee itself. This applies especially to the thigh muscles.

Synovitis or inflammation of the synovial membrane which lines the joint: This is caused by violence which may be either a blow or a movement of the joint outside of the physiological limits. It often accompanies the knee injuries which have just been described.

Symptoms: Motion painful and limited due to irritation and further secretion of synovial fluids, floating patella or "clicking patella."

Treatment: Rest by immobilization, and massage to relieve the effusion. Bandaging over cotton will often prevent effusion or exudation and should be applied as soon after the injury as possible. Dr. Moorehead's "rail fence" dressing (page 168 "Traumatic Surgery") is useful to prevent further irritation. Complete immobilization, for a period of any length, will cause muscular atrophy. Massage is, therefore, necessary to restore tone to the part. Body tone must be maintained but exercises should not call for a movement of the joint for three weeks. After this

period carefully administered non-weight bearing exercises should be given. Care must be exercised to protect the part from movement, which the patient knows from experience will cause discomfort.

The Ankle

"Sprained ankle." Owing to the strength of the lateral ligaments and the numerous bony parts which may become involved in the injury, the term "sprain" should not be used without good reason. A sprained ankle, involving the ligaments ONLY, may properly be termed a "sprain."

A sprain is generally caused by a sudden movement of the foot beyond physiological limits. If the capsule is involved, a swelling generally results at once. Pain is felt locally and movement which involves a stretching of the injured part also produces pain. Discoloration is due to the internal bleeding.

It is well in ALL ankle cases to determine by X-ray whether or not a sprain, fracture or dislocation is present. Displacement, due to fracture of the tibia, is not always present in many so-called "sprained ankles." Thus it is always best in every case to play safe and have the X-ray taken as soon as possible.

Treatment of a Sprained Ankle: Rest is always called for, avoidance of weight bearing, and elevation of the limb to avoid congestion around the injured part. Ice packs, for the first day or until the acute stage has passed, will help in eliminating much of the swelling which generally is present. At the end of the first day, a one-inch thickness of absorbent cotton bandaged by an ankle bandage (the edge of the cotton should protrude at least one inch beyond the bandage) will give sufficient immobilization and

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pressure to allow nature to repair the injured part, prevent further damage and keep the effusion out of the joint. At the end of two days hot and cold applications, and other measures to promote circulation, should be used. Massage may be used to hasten absorption of effusion. Adhesive strapping may be used from this time through a period of three weeks, at which time the usual athletic sprain should be well. It is wise to note any foot difficulties, such as pronation or flat-foot, and make suitable correction in the shoes to allow comfortable and correct mechanical action of the feet in locomotion. The usual figure eight bandage should be used in all games for protection against ankle injuries or foot strain. These should not be worn when the patient is not engaged in athletics or exercise.

Another type of treatment often used is hot and cold applications to the injured part and careful strapping "Gibney or basket-weave," by means of this method the tape takes the place of the injured ligaments, thus allowing sufficient rest and repair. The foot may then be used immediately. This treatment cannot be recommended as a general one, as it requires a rugged development to bring about perfect recovery.

"Sprain fractures." Owing to the strength of the ligaments, a severe twist of the ankle often tears a small flake of the bony surface with it. Pain, swelling in the joint, incomplete function, pain and tenderness over the torn parts, are symptoms of this condition.

Treatment: First reduce the effusion and then treat as a fracture. A plaster cast is the safest for two weeks to allow the bony flake to grow back again. At the end of two weeks, tonic treatment and massage may be given, gradually allowing active use of the

part. The common crepe ankle bandage may be used for two weeks longer and at the end of this period (four weeks in all) the part should be normal again. If there is a slight disability, this should clear up in a week, providing tonic treatment is given and the adhesions have been broken.

Myositis Ossificans, or a hardening of the connective tissue of the muscle, resembling bone in its structure. This condition is discussed because of the common error which is made in mistaking this condition for "Charley Horse."

Lovett and Jones' "Orthopedic Surgery" speaks of this condition as having "its origin in an escape of bone elements induced by the original trauma (injury) and is most often the result of considerable tearing of muscular attachment from bone, accompanied by a varying amount of hemorrhage. With the torn muscular attachment, fragments of periosteum and osteogenetic tissue are pulled away, and these apparently are originators of interfibrillary and intermuscular septa."

Massage, in place of assisting in the removal of the clot, only increases the blood supply to the clot and augments the further growth and size of the mass. Therefore, while massage may be useful in "Charley Horse," it is NOT to be used in myositis ossificans.

Symptoms: Differing from "Charley Horse" myositis ossificans gives little pain at first, simply a slight inability to function fully in the particular muscles involved (usually the front of the thigh), the limb may be heavy and while the part becomes harder, the movement of the limb is more difficult and ties up very easily.

Diagnosis: X-ray is necessary

(Continued on page 39)

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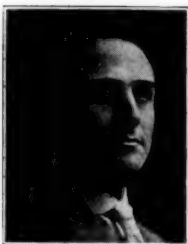
CALISTHENICS

BY

R. W. ROGERS

Mr. Rogers attended Morningside College for three years and then transferred to Springfield College where he was graduated in 1911. After graduation, for two years he was Director of the Gymnasium and assistant coach at Drake University. He then was Director of Physical Training at North Des Moines High School for two years and for five years was in charge of required work and intramural athletics at Iowa State College. He now holds a similar position at Grinnell College. This is the concluding article of a series which Mr. Rogers has written for the Journal.—EDITOR'S NOTE.

Lesson Seven



1. Hip firm position: Head rotation — Begin. (1 to 16 counts).
2. Hip firm position: Heels — Raise. (1). Lower. (2).
3. Deep knee bend and arms forward—Raise. (1). Arms upward—Stretch. (2). Arms forward—Lower. (3). Position. (4).
4. Bend stand position. Forward rotation of shoulders. Begin. (1 to 16 counts).
5. Alternate knee raising with arms sideward—upward—Raise. (1). Position. (2).
6. Stride stand position with hips firm: Trunk to right—Bend. (1). Raise. (2).
7. Front leaning rest position. Body to floor—Lower. (1). Body—Raise. (2).
8. Prone position on floor, arms at side. Trunk upward raise and arms forward—Fling. (1). Position. (2).
9. Supine position with hands beneath hips: Legs upward—Raise. (1). Lower. (2).
10. Supine position with hands beneath hips. Legs Upward—Raise. (1). Sideward—

- Spread. (2). Together—Place. (3). To floor—Lower. (4).
11. Arch stand position. Trunk backward—Bend. (1). Raise. (2).
12. Alternate right and left charging with arms sideward—Raise. (1). Trunk to right—Bend. (2). Raise. (3). Position. (4).
13. Hip firm position. Rotation of trunk, clockwise—Begin. (1 to 16 counts).
14. Jump to stride stand position, arms forward-upward—Raise. (1). Trunk forward-downward—Bend. (2). Raise. (3). Position. (4).
15. Right toe touch to side with right arm sideward raising left hand to shoulder—Place. (1). Position. (2). (Alternate to right and left.)
16. Breathing exercises.

Lesson Eight

1. Alternate right and left knee raising with hands back of head—Place. (1). Position. (2).
2. Head firm position. Head to right resisting with hand—Bend. (1). Raise. (2). To left—Bend. (3). Raise. (4).
3. Deep knee bend with hands to shoulders—Place. (1). Left arm sideward fling and right arm upward—Stretch. (2). Left hand to shoulder and

- right arm sideward—Sink. (3). Position. (4).
4. Arms sideward raise position. Alternate right and left leg rotation—Begin. (1 to 16 counts).
 5. Alternate right and left foot charging with arms to thrust—Take. (1). Trunk backward—Bend. (2). Forward—Raise. (3). Position. (4).
 6. Arms fore-upward and right foot backward—Raise. (1). Trunk forward—Bend. (2). Trunk—Raise. (3). Position. (4). (Alternate right and left foot.)
 7. Prone position on floor with arms placed forward: Upward raising of arms and trunk from floor on (1). Arms sideward—Fling. (2). Forward—Fling. (3). Position. (4).
 8. Prone position with arms placed forward: Raising right

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- arm and left leg from floor on (1). Lower. (2). Left arm and right leg—Raise. (3). Position. (4).
9. Supine position on floor. Bend knees to abdomen on (1). Straighten. (2).
 10. Bridge position. Raise body to high bridge position on (1). Lower. (2).
 11. Supine position on floor, hands beneath hips. Flex legs and take cycle movement. (1 to 32 counts.)
 12. Walk stand, hips firm position. Trunk backward bend. (1). Raise. (2).
 13. Jump to stride stand position with arms fore-upward—Raise. (1). Trunk fore-downward—Bend. (2). Raise. (3). Position. (4).
 14. Jump to stride stand position with arms forward—Raise. (1). Feet together and arms sideward—Place. (2). Jump to stride stand and arms forward—Fling. (3). Position. (4).
 15. Breathing exercises.
- Lesson Nine**
1. Flexion of fingers—Begin. (1 to 16 counts.)
 2. Wrist flexions—Begin. (1 to 16 counts.)
 3. Forearm flexions—Begin. (1 to 16 counts.)
 4. Hips firm position. Alternate right and left flexion of legs. Begin. (1). (2).
 5. Arms fore-upward and right knee—Raise. (1). Lower. (2). (Alternate right and left.)
 6. Jump to stride and bend stand—Position. (1). Bend trunk downward and swing arms between legs—(2). Back to position—one—on (3). Position. (4).
 7. Hips firm position. Alternate right and left rotation of trunk—Begin. (1 to 16 counts.)
 8. Supine position on floor, arms above head on floor. Trunk forward—Raise. (1). Lower (2). Legs fore-upward—Raise. (3). Lower. (4).
 9. Supine position on floor. Head forward—Raise. (1). Lower. (2).
 10. Stride stand position. Arms fore-upward—Raise. (1). Arms—Lower. (2). Arms fore-upward—Raise. (3). Trunk fore-downward—Sink. (4).
 11. Stride stand, hands clasped above head. Swing arms and trunk fore-downward and to right on (1). Forward-upward on (2). Between legs on (3). Fore-upward on (4).
 12. Hands to shoulders position. Elbows forward—Fling. (1). Elbows backward—Stretch. (2).
 13. Walk stand position with arms fore-upward raise. Trunk to right—Bend. (1). Raise. (2). To left—Bend. (3). Raise. (4).
 14. Bend stand position. Right toe touch forward and arms sideward—Thrust. (1). Hands to shoulders and right toe to side—Place. (2). Toe touch in front and arms sideward—Thrust. (3). Position. (4). (Alternate right and left.)
 15. Arms fore-upward—Raise. (1). Arms fore-downward—Sink. (2). Fore-upward—Raise. (3). Position. (4).
 16. Arms sideward and left leg forward—Raise. (1). Right knee—Bend. (2). Knee—Straighten. (3). Position. (4). (Alternate with right and left knee bending.)
 17. Hip firm position. Running in place—Begin. (1).
 18. Breathing exercises.

Lesson Ten

1. Bend stand position. Heels—Raise. (1). Knees—Bend. (2). Knees—Straighten. (3). Heels—Lower. (4).
2. Bend stand position. Shoulder rotation—Begin. (1 to 16 counts.)
3. Hips firm position. Head forward—Bend. (1). Backward—Bend. (2).
4. Hips firm position. Head sideward—Bend. (1). Raise. (2).
5. Deep knee bends with hands clasped back of head—Take. (1). Position. (2).
6. Arms side-upward and right foot sideward—Raise. (1). Trunk to left—Bend. (2). Trunk—Raise. (3). Position. (4).
7. Arms sideward raise position. Arm circles—Begin. (1 to 16 counts.)
8. Knee bend rest position. Feet



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sideward—Place. (1). Together—Place. (2).

9. Knee bend rest position. Feet backward—Place. (1). Forward—Place. (2).

10. Supine position with legs foreupward raised. Rotation of legs—Begin. (1 to 16 counts.)

11. Stride stand and hips firm position. Circumduction of Trunk—Begin. (1 to 16.)

12. Run in place. (1 to 32 counts.)

13. Breathing exercises.

Lesson Eleven

1. Alternate foot placing forward and arms forward—Fling. (1). Heels raise and arms sideward—Fling. (2). Heels lower and arms forward—Fling. (3). Position. (4).

2. Head twisting from right to left—Begin. (1 to 16 counts.)

3. Feet placing sideways and arms—Bend. (1). Arms thrusting sideward and trunk forward - downward — Bend. (2). Trunk raise and arms—Bend. (3). Position. (4).

4. Charging oblique forward and hands on neck—Place. (1). Trunk to right—Twist. (2). Trunk forward—Twist. (3). Position. (4).

5. Supine position. Trunk forward - upward — Raise. (1). Trunk—Lower. (2). Legs fore - upward — Raise. (3). Lower. (4).

6. Supine position. Trunk fore-upward—Raise. (1). Arms sideward—Fling. (2). Arms forward—Swing. (3). Trunk backward—Lower. (4).

7. Front leaning rest position. Arm bending and alternate leg raising. (1 to 16 counts.)

8. Alternate toe touching backward with opposite knee bending and arms fore-up-

- ward—Raise. (1). Position. (2).
9. Left leg and right arm side-ward—Fling. (1). Position. (2). (Alternate right and left.)
10. Arms to thrust position. Trunk twisting and arms side-ward—Raise. (1). Position. (2). (Alternate right and left.)
11. Hip firm position. Rock step—Begin. (1 to 32 counts.)
12. Breathing exercises.

Dumb Bell Drill

Note.—Emphasize all counts.

Position—Head up, chin in, chest out, shoulders back and down, feet spread about twenty inches apart, bells grasped tightly in hands, arms straight and hanging by sides of thighs, palms in.

Count 1—Swing between spread feet; bend back as much as possible, head well down, knees bent a little.

Count 2—Straighten and bring bells to point of shoulders, palms up.

Count 3—Thrust to sides horizontal, palms down.

Count 4—Bring bells back strong to face of shoulders, palms up.

No. 2

Count 1—Trunk forward, oblique bending, striking bells together back of heel.

Count 2—Trunk raising with forearm flexion forward.

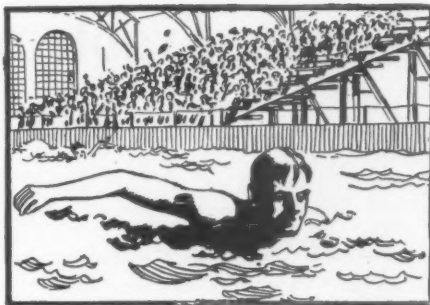
Count 3—Trunk forward, oblique bending with arms quarter oblique flexing.

Count 4—Trunk raising with forearm flexion forward.

No. 3

Count 1—Swing arms between feet with trunk fore-downward bending.

Count 2—Trunk raising and



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bring bells to face of shoulders, palms up.

Count 3—Push to front horizontal.

Count 4—Bring bells back with force to face of shoulders.

No. 4

Count 1—Bells sideward raise.

Count 2—Bells to shoulders.

Count 3—Bells sideward thrust.

Count 4—Bells lowered to side.

No. 5

Count 1—Swing bells between feet.

Count 2—Bring bells to face of shoulders.

Count 3—Push to high vertical.

Count 4—Bring bells back to face of shoulders.

No. 6

Count 1—Trunk forward bending swinging arms between legs.

Count 2—Trunk raising with forearm flexing.

Count 3—Thrust to side horizontal with quarter trunk rotation.

Count 4—Back to position one.

No. 7

Count 1—Trunk fore-downward bending, swing arms between feet.

Count 2—Trunk fore-upward raise, and swing bells up above head, bending elbows and trying to touch thumb ends between the shoulder blades.

Count 3—Trunk fore-downward bend and swing arms between feet.

Count 4—Trunk and arms fore-upward raise.

No. 8

Count 1—Arms and bells fore-upward raise.

Count 2—Arms and bells fore-downward sink.

Count 3—Arms and bells fore-upward raise.

Count 4—Arms and trunk fore-downward sink.

No. 9

Count 1—Jump to stride stand position and bring bells to face of shoulders.

Count 2—Trunk fore-downward bend and swing arms between legs.

Count 3—Trunk fore-upward raise and bring bells to face of shoulders.

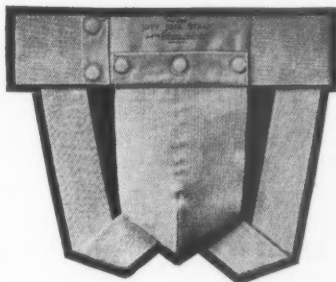
Count 4—Jump to position of attention.

Question: Should the starter always set a sprinter or other contestant in a track event if he breaks over before the gun is fired?

Answer: The rule reads: "Any competitor starting before the pistol is fired shall be put back one yard." Some starters will call the men "up," if he sees they are wavering, but if they go over before he calls "up" or shoots they should be set.

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THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ATHLETIC ASSOCIATIONS

Five years ago a Midwest Federation of State High School Athletic Associations was formed. Last year at the Cleveland meeting of the National Association of Secondary-School Principals this was expanded into a National Federation. The second annual meeting of this national body was held at the time of the recent N. E. A. meeting in Chicago, at which time representatives of nineteen State High School Athletic Associations convened in the Hotel LaSalle. This group of leaders who are prominent in the administration of high school athletics discussed the objects of the Federation, chief among which are the following:

First: A national organization is of value in formulating standards, in unifying eligibility codes and in encouraging the setting up of athletic administrations designed to develop the character of the players and spectators.

Second: Such an organization constitutes a medium making it possible for an exchange of ideas through its meetings. Co-operation is necessary on the part of the individual schools if State High School Athletic Associations are to function properly and co-operation on the part of the State High School Athletic Associations will enhance the development of athletics nationally.

Third: Investigation, study and research as applied to the problems of high school athletics are very much needed if we are to administer our athletics intelligently. A great many mistakes are now being made because facts are not available. The National

Federation can render valuable service by conducting studies relative to athletic problems and then by giving full publicity to the results and conclusions.

The constitution for the Federation is as follows:

CONSTITUTION

Article I—Name

This organization shall be known as the National Federation of State High School Athletic Associations.

Article II—Object

The object of this federation shall be identical with that of the state associations which compose it, namely, to protect the athletic interests of the high schools belonging to the various associations and to promote pure amateur sport.

Article III—Membership

The unit of membership in this federation shall be the state athletic association. The charter members of this association are Indiana, Michigan, Wisconsin, Iowa and Illinois, by the ratification of this Constitution by their respective state associations. A new member may be admitted to this federation by the following procedure:

1. By making application to the Secretary of the federation through its own officers after having voted in favor of becoming a member at its own annual meeting.

2. By receiving a two-thirds vote of the Board of Cooperation.

Article IV—Board of Cooperation

Section 1. The executive agent of this federation shall be the Board of Cooperation, consisting

of one member from each state association elected by the executive committee or board of control from its officers or board of control.

Section 2. The officers of the Board of Cooperation shall be a President, Vice-President and a Secretary, who shall be elected by the Board from among its members.

Section 3. The President and Vice-President shall serve for a period of one year or until their successors have qualified. The Secretary shall serve during the full term during which he is an officer in his own state association.

Section 4. Officers shall be elected at the annual meeting or

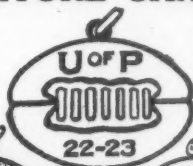
at any meeting at which a vacancy is apparent.

(Continued on page 37)

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THE OLYMPIC TRY-OUTS

The following letter will be of interest to all coaches who may be interested in the plans of the American Olympic Committee for selecting the members of the American Olympic team for the games in Paris this summer.

Attention is called to the statement that contestants who qualify in college conference meets may enter the final try-outs without competing in the sectional meets, which are arranged primarily for the ex-college and club men. The secretary of the American Olympic Committee informed the members of the executive committee of the National Collegiate Athletic Association that all established conference meets would be recognized as official Olympic tryouts. This makes it possible for college men to qualify in their sectional meets with minimum expense. Inasmuch as all of the sectional meets will be considered as preliminary trials for the final meet in Boston, the National Collegiate Athletic Association has decided that it will not be advisable to conduct the National Meet this year, but instead college men will be urged to prepare themselves for their sectional and conference meets with the idea of their qualifying for the meet where the final team is to be chosen.

AMERICAN OLYMPIC COMMITTEE

305 Broadway, New York
February 16, 1924.

To the Members of the Olympic
Track and Field Committee.
Gentlemen:

At the request of William C. Prout, Chairman of the Olympic Track and Field Committee, I submit herewith for your ap-

proval a plan for the holding of sectional tryouts in track and field, to determine the best athletes in the different sections of the country who should come to the final Olympic tryouts to be held at the Harvard Stadium, Cambridge, Mass., on June 13th and 14th. This plan will be submitted by Chairman Prout for consideration at the next meeting of the Executive Committee of the American Olympic Committee if it meets with the approval of the Olympic Track and Field Committee. These sectional tryouts should be held on or before June 7th. The athletes competing in the final tryouts must be prepared to sail on June 16th.

I will appreciate your sending me at your earliest convenience any suggestions you may have to offer on this subject.

The general plan calls for dividing the country into 8 sections and holding sectional Olympic tryouts in the most conveniently located city in each of these sections. The divisions are as follows.

EASTERN — (Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Delaware, Pennsylvania, Maryland, Virginia and West Virginia and Porto Rico) at Yankee Stadium, New York City, June 7.

SOUTHEASTERN — (North and South Carolina, Georgia, Alabama, Florida, Tennessee) at Atlanta, Ga., June 5.

CENTRAL — (Ohio, Indiana, Kentucky, Illinois, Michigan, Wisconsin and Minnesota) at Chicago, Ill., or Detroit, Mich.

MIDWESTERN — (North and South Dakota, Nebraska, Iowa,

(Continued on page 40)

National Federation

(Continued from page 35)

Article 5—Meetings

Section 1. The annual meeting of the Board of Cooperation shall occur in connection with the meeting of the North Central Association of Colleges and Secondary Schools.

Section 2. Special meetings may occur at any time upon the authority of the President, the call to be issued by the Secretary, or upon the call of any two members of the Board of Cooperation.

Section 3. Each state association will be represented by the member of its executive committee or Board of Control designated for that purpose. In case he is absent any member of the executive committee or Board of Control who is present is authorized to represent his state. All members of the executive committees and Boards of Control of

(Continued on page 44)

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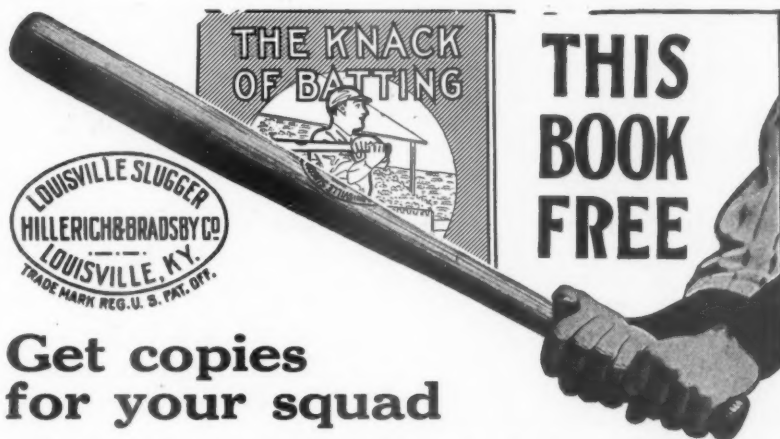
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Hockey in the Middle West

(Continued from page 12)

being taken in the final outcome. It is not an uncommon sight to see all four hockey rinks on the Minnesota Campus occupied with intramural games at the same time. The Minnesota rinks are lighted by artificial light, making evening play and general skating possible. At the University of Michigan there are over five hundred members who participate in general skating and hockey in their indoor rink. Wisconsin and Notre Dame also have extensive intramural hockey.

Interscholastic hockey is also increasingly prominent. The High Schools of Minneapolis and St. Paul all have teams, and play a good brand of hockey. It is considered a major sport here and a large number participate in it.

The Park Boards of the Twin Cities have numerous park rinks with many teams engaged in the tournaments played on rinks constructed in different parts of the cities. The Northern part of Minnesota has followed suit, most of the high schools and junior colleges having teams. A number of cities in Northern Minnesota have indoor rinks with natural ice. Being so near Canada, the home of skillful hockey players, the standard of play is of a high order, and this wonderful winter sport thereby reaches thousands of young men. There is no question about the increasing popularity of the game.

In Minneapolis, West High School won the Twin City Series and the Deephavens that of the Park League. In St. Paul, Central High School won the City Championship. The Twin City Title was played for at the Hippodrome Ice Rink with St. Paul Central winning by a score of four to nothing. The winning team is now negotiating with Duluth Denfeld High

THE OLYMPICS 1924



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to determine the condition of the muscle and it is urged that, in School to determine the State Title.

Most of the Intercollegiate and Interscholastic Hockey is at present played in outdoor rinks with natural ice. Michigan, the Michigan School of Mines, Hibbing Junior College and Eveleth Junior College play in indoor rinks with natural ice. Marquette plays at the Milwaukee Ice Arena, with artificial ice, the rink which was the home of the Milwaukee Amateur Hockey Team last year. Minnesota last year played all home games at the Hippodrome Ice Rink in St. Paul on what is said to be the largest indoor sheet of ice in existence. This year, however, under the direction of Coach Iverson, Minnesota built an extensive Winter Sports layout, consisting of one out-door Varsity rink and three outdoor intramural rinks and in addition, a large area for speed and figure skating.

Specific Injuries in Athletics

(Continued from page 24)

ALL doubtful cases, this be used. Early detection is important as the treatment is not similar to "Charley Horse." Rest in the early stage of myositis ossificans is the best treatment that can be given. When the mass has really formed an operation is often necessary, but then, care must be exercised in watching the development of the mass, by X-ray pictures taken at monthly intervals or more often. An operation performed before the mass has formed fully often results in a recurrence. Needless to say this is handled in conjunction with the physician and he will determine from the X-ray pictures the proper time to operate or he may find it unnecessary to operate.

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Olympic Try-Outs

(Continued from page 36)

Kansas, Missouri, Oklahoma, Arkansas, Wyoming, Colorado) at Kansas University Stadium, Lawrence, Kansas, May 31.

SOUTHERN — (Mississippi, Louisiana, Texas, Canal Zone) at Tulane University, New Orleans, La.

PACIFIC NORTHWEST — (Montana, Idaho, Washington, Oregon, Alaska) at Portland, Ore.

PACIFIC — (Utah, Nevada, Northern California, Hawaii and Philippines) at Stanford University Stadium, Palo Alto, Cal., May 17.

SOUTHERN PACIFIC — (New Mexico, Arizona, Southern California) at Los Angeles, Cal.

The full list of track and field events, which appear on the Olympic program will be held at each of these tryouts. A contestant to be eligible to compete in the final tryouts at the Harvard Stadium must take part in one of these tryouts either in the district in which he resides or the district most convenient to him. Contestants who qualify in the championship events of the I. C. A. A. A. A., Intercollegiate Conference A. A., Pacific Coast Conference A. A., Southern Intercollegiate A. A., National Collegiate A. A., or other college conferences may enter the final tryouts without competing in these sectional tryouts in events that are listed on the college program upon certification by their educational institution. Tryouts will be conducted by the United States Army and United States Navy, for Army and Navy men and placing in such tryouts renders Army and Navy athletes eligible for the final tryouts at the Harvard Stadium upon being certified by the Officer in charge of athletics of their particular unit.

The complete list of events to be conducted at each of these sectional tryouts are as follows:

100 meters; 200 meters; 400 meters; 800 meters; 1,500 meters; 3,000 meters; 5,000 meters; 10,000 meters; 3,000 meters steeplechase; 110 meters hurdles; 400 meters hurdles; 10,000 meters walk; running high jump; running broad jump; running hop, step and jump; pole vault; throwing javelin; throwing discus; putting 16-pound shot; throwing 16-pound hammer; 10,000 cross country pentathlon; decathlon.

The net proceeds of all these sectional tryouts will go to the American Olympic Committee. No prizes need be awarded. It is quite likely that the American Olympic Committee will provide certificates to be awarded to all who place among the first three in these tryouts.

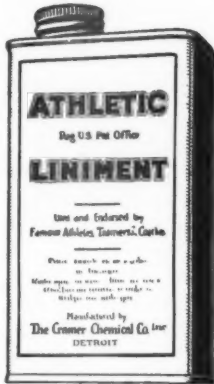
All athletes must compete in one of these sectional tryouts, the tryouts of the Army or Navy, or one of the recognized college championship meets in order to be eligible to participate in the final tryouts.

All amateur athletes, who are citizens of the United States either by birth or naturalization and are registered with the Amateur Athletic Union of the United States, or in the case of college and service athletes are certified as amateurs by the proper authority of their educational institution or military unit, are eligible to participate in these sectional tryouts.

Efforts are now being made to have the foreign governments recognize the cards which the French government has agreed to issue to members and personnel of our team in lieu of passports. but think it advisable to direct all place winners in tryouts to make application for passports immediately after the sectional tryouts and have them sent to this office."

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High Schol Basketball Tournament

(Continued from page 8)

no out-of-bounds at all. If a team accustomed to a floor of this type gets to the state meet, it may have to play on a floor of maximum area, 50 feet wide and 90 feet long, with glass back boards, high ceiling, and out-of-bounds all around.

When a coach starts pointing his team for the tournament let him try to make all floor conditions conform as closely as possible to those to be met in the tournament. Perhaps by removing the bleachers he can increase the floor area to equal that of the floor to be played on. It may even be necessary to go to a town nearby to find a floor large enough, but the experience gained is well worth the time and money spent. Under such conditions, the coach must often make some radical changes in his style of play. He may have to build a new defense. The old defense that worked so successfully on a small floor will not do on a large one. It may be necessary to make some radical changes in the offense, too. I am thoroughly convinced that this radical change from a small to a large floor has more to do with reducing a team's efficiency than anything else. It is an interesting fact that a team may have all the endurance needed to play a hard, fast game on a small floor and become badly fatigued on a large one.

If a team is supplied with new properly inflated balls for a week before the tournament, quite a difference will be made in their playing.

So far, I have discussed only pre-tournament problems. Unless they are successfully solved, the average team will find the going pretty tough when called

upon to play three or four games in a few days' time.

Care of the Team During Tournament

The fundamental requirements of men engaged in hard tournament play are food, water, sleep, and proper recreation during spare time.

A team should be quartered in a quiet location in rooms with plenty of fresh air where they can get at least ten hours of sleep each night. In many localities, teams are housed at fraternities. This may be good or bad. Many of these organizations exercise great care in making everything comfortable for the team, even enforcing strict house rules about quiet hours. In general, however, a hotel located on a quiet street, is the best place in which to stay.

Great care must be exercised in the diet. The men should not be expected to thrive on eggs and toast three times a day. There will be some on the squad who do not care for eggs. At other meals than the one directly before a game, they may eat food that agrees with them. They should have food that will keep them happy and contented. Moreover, proper food combinations should be chosen; by all means canned goods should be avoided. Two years ago, a team that looked like a strong possibility for first honors in the National Tournament at Chicago was completely demoralized and beaten because regulars who had contracted ptomaine poisoning from eating canned fish just before a game, were too sick to play.

Another interesting incident happened a few years ago before the finals of a state tournament. A team, which had been fed eggs and toast for three days, refused to play the final game unless a

change in diet was made. The request was granted by the coach, and the team played its best game of the tournament that night, winning state honors. The boys use up a lot of energy and need plenty of wholesome food to restore this.

It is wise to keep the minds of the men from the games during their spare time as much as possible. They may play cards, enjoy good music, or attend a vaudeville or movie show. If the latter amusement is chosen, the playhouse should be one with comfortable seats and proper ventilation. The men should be kept off their feet as much as possible.

The team should attend in a body only the games which are played by prospective opponents. Many valuable points may be learned by studying the style of these teams. In a chalk talk later, the coach may point out glaring weaknesses of these opponents and devise a plan of action which may go far in defeating them. The game itself will furnish all the excitement the boys can stand. At other times, it is better to keep them away from fond admirers and friends.

Very little massage or rubbing is required. Only those in need of such treatment should be attended. At tournament time, a team should be in such shape that sore muscles will be unheard of. A coach must be willing to take chances, but since there is so much at stake, great care must be exercised in whatever line of action is followed. By means of wise substitution, the strength of the regulars may be saved. A correct knowledge of the time left to play will often help a coach to utilize his subs to a maximum degree. However, a coach must know his players. He must know whether they are fast or slow starters. I recall one

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incident in a district tournament where apparently the strongest team in the tournament was defeated two points by a supposedly weak team. The coach of the losing team played his subs for three-fourths of the game and held this team nearly even; but when his regulars entered the game, it was over before they got started. The coach had not counted on the fact that these men were slow starters.

If the team is picked to win easily, the coach should strive to cut down overconfidence.

He should play his subs as much as possible and keep the score down.

He should emphasize winning the first game and not talk future games to his men.

Summing up a few of the important things pertaining to tournament play I would say: Feed the team properly, give them lots of sleep, and keep them happy. Such a team will give its best all the time. A tournament is no place for malcontents.

The coach's personality in big contests of this kind is without doubt one of the outstanding factors of a good tournament team. Under these conditions he has a chance to rise to heights unknown in high-school coaching.

National Federation

(Continued from page 37)

the various state associations are authorized to be present at the meetings of the Board and participate in its discussions.

Section 4. In the transaction of the business of the Board of Cooperation each state association shall have one vote.

Article VI—Amendments

This constitution and any By-Laws which may be enacted may be amended at any meeting of the Board of Cooperation by a two-thirds vote.

College Wrestling

(Continued from page 10)

standing in a circle this can easily be done. It will keep them warm. The men should be well warmed up before attempting any mat work, this will minimize the element of danger. Sometimes they should skip the rope while observing. It is a good plan for all the men to run on the indoor track from one quarter to one-half a mile before reporting to the coach. This should also be part of the routine work after wrestling.

No man should wrestle until he is tired; that is when most of the accidents occur. From three to five minutes is plenty long enough at one time. Then after a long rest, another short bout would do no harm. At least two or three bouts daily should be indulged in besides the other work. A tired man does not learn very much.

There are times when one man's time should be used in wrestling on his feet, another time his work may consist of offensive or defensive tactics, depending upon his weakness, of course.

Basketball Tournaments

(Continued from page 4)

tests and the winners will be entitled to their mead of praise.

Following the state tournaments Mr. A. A. Stagg will, as usual, conduct a National Interscholastic Basketball Tournament on April 1st, 2nd, 3rd, 4th and 5th in Bartlett Gymnasium, University of Chicago. This tourney provides a means for determining the National Interscholastic Basketball Championship for 1924, is of value in standardizing play, and furnishes a stimulus for the teams that are willing to pay the price of success.

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Basketball Tournaments

(Continued from page 6)

newspapers. He may be left in and, perhaps, lose the tournament or the coach may take him out and save him for the good of the team, and thus enhance his chances of eventually winning first honors.

Of the many tournaments in which I have entered teams, those that stand out most vividly in my memory were those at the University of Chicago, when my team won the national championship, and the Mid-West tournament at the University of Wisconsin when we won the Mid-Western championship. In both of those meets I used ten men. At Chicago, our first game was a terrific battle all the way with Fifth Avenue High School of Pittsburgh, Pa. Although the game was close throughout, I did not hesitate to replace one of my crack forwards when he appeared to have tired somewhat under the strain. This move helped us to win the contest by a one-point margin. That same night we defeated another Pennsylvania school in a one-sided game. When a commanding lead had been established, I withdrew all my regulars and employed substitutes, thereby not uselessly burning up energy that was needed for the next day. This act, I always have felt, was responsible for our victory in the semi-final. In this game we played Waterbury, Conn., and trailed until the last few minutes when my boys, because they had more reserve, overtook the eastern team and managed to eke out a 27 to 25 victory.

In the final game that night, we romped over West High of Lafayette, Indiana, not so much because we had a better team, but because my players were in much better physical condition.

Throughout those trying days I made it a specific point to put my boys on the scales frequently in order to determine how they were standing up under the ordeal. When the final game had been won, giving us the championship, I found that all ten men weighed within a pound or so of the figure at which they started play.

It is the duty of the coach to impress his charges with the fact that a tournament trip is a business proposition of winning games and not a week-end pleasure jaunt. All personal desires should be set aside until after the meet is finished. The entire squad should give themselves wholly to the game, and should think of nothing but winning. They should be placed on their honor, and not be in need of watching every minute. If I had to watch a man to see that he did the right thing while away, I would leave him at home no matter how good he was.

Coaches, of course, should be fair with their men. They should be conscientious and enthusiastic. It should be remembered that boys playing in a tournament are under a different physical strain than they are during the ordinary routine of the season, but, even then, it is not necessary to have them live an altogether different life and change their whole mode of living. Often times unnecessary restrictions are imposed on players with harmful results. I believe that boys may be brought to perfect condition for athletics without recourse to unusual methods, and with a minimum of disturbance to their normal mode of life.

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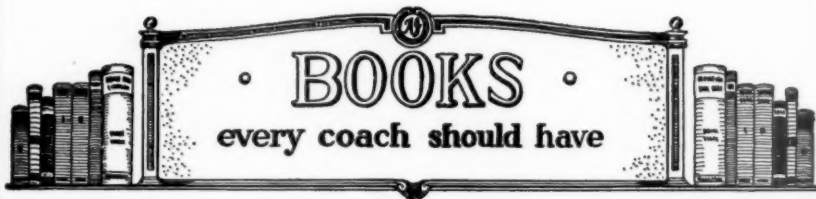
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